

11-1-1,3;7-8;8-1;9-4;10-4

Career and Life Experiences

Grade Level	Eleventh
Minimum Time Required	30 Minutes
Materials/Resources	Career/Life Experiences worksheet
Subject Area(s)	Guidance

Project Description:

1. Hand out the career/life experience worksheet to students and give them time to complete.
2. Discuss student responses and how life experiences influence one's career decisions.

Career Development Standard	Understanding the influence of a positive self concept. Skills to prepare to seek, obtain, maintain, and change jobs. Understanding how societal needs and functions influence the nature and structure of work. Skills to make decisions. Understanding the interrelationship of life roles.
Career Development Indicator	Identify and appreciate personal interests, abilities, and skills. Demonstrate an understanding of how individual characteristics related to achieving personal, social, educational, and career goals. Demonstrate skills to assess occupational opportunities (e.g., working conditions, benefits, and for change). Describe the effect of work on lifestyles. Identify appropriate choices during high school that will lead to marketable skills for entry-level employment or advanced training. Describe the contribution of work to a balanced and productive life.
Delivery Level	Introductory
Academic Standards	
Language Arts	2.4.a write to clarify thinking and what is known about various topics.
Employability/SCANS Skills	Personal Qualities Thinking Skills Basic Skills
Assessment/Rubric	Students will be evaluated based on class participation and completion of the worksheet.

Submitted by: Career Success Southwestern/Thomson Learning,
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CAREER/LIFE EXPERIENCES

The following activities will help you relate your life experiences to career development.

1. a. Briefly list (using one or two words) the abilities, interests, and values that you discovered are an important part of who you are.
- b. Name the most valued social role you discovered as a result of being a high school or college student.
- c. Describe a specific experience you had in the social role you identified in part b and explain how this experience allowed you to express the abilities, interests, and values you listed in part a.
- d. Name the most valued work role you discovered as a result of being an employee or a volunteer worker.
- e. Describe specific experiences you had in the work role you identified in part d and explain how these experiences allowed you to express the abilities, interests, and values you listed in part a.
2. a. List three indoor or outdoor environments you have experienced and enjoyed during your exploring years.
- b. Will your choice of occupation allow you to enjoy one or more of the environments you listed in part a? If yes, how? If no, what is your rationale for considering this occupation?